



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BRINGING FAMILIES TOGETHER

2019 Family Programs  
YMCA CAMP CAMPBELL  
SUPPORTED BY THE VALLEY FOUNDATION



# WHY FAMILIES CHOOSE YMCA CAMP CAMPBELL

- We know camp; since 1936 Camp Campbell has been serving the Silicon Valley and providing safe and fun camping programs.
- Our mission is to strengthen community by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind and body. We accomplish this through intentional activities, providing opportunities for families to connect, free of distraction and a dedication to quality programs.
- We work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest and we invite guests of all family types and gender backgrounds to register for our programs.
- We believe camp is an essential experience for all children and families, therefore we offer financial assistance for all of our programs.



**“Our family’s yearly tradition is coming to Camp Campbell. It is the time where we as parents get to focus on our kids. I get to see my children’s confidence soar as they explore the outdoors and I get to play and be a kid again with them.”**

— A Mother of 2

## 2019 DATES & PROGRAMS

March 8 <sup>th</sup> – 10 <sup>th</sup>	Mother/Son Weekend
March 22 <sup>nd</sup> – 24 <sup>th</sup>	Father/Child Weekend
April 5 <sup>th</sup> – 7 <sup>th</sup>	Spring Family Camp
April 12 <sup>th</sup> – 14 <sup>th</sup>	Women’s Wellness Weekend
May 3 <sup>rd</sup> – 5 <sup>th</sup>	Mother/Daughter Weekend
May 10 <sup>th</sup> – 12 <sup>th</sup>	Mother/Daughter Weekend
May 24 <sup>th</sup> – 27 <sup>th</sup>	Memorial Day Adventure Family Camp
May 24 <sup>th</sup> – 27 <sup>th</sup>	Memorial Day Family Camp
June 7 <sup>th</sup> – 9 <sup>th</sup>	Big Sur Family Adventure Weekend <b>NEW</b>
June 21 <sup>st</sup> – 23 <sup>rd</sup>	Summer Family Kayak Trip <b>NEW</b>
August 4 <sup>th</sup> – 10 <sup>th</sup>	Sequoia Lake Family Camp*
Aug 31 <sup>st</sup> – Sept 2 <sup>nd</sup>	Labor Day Family Camp
September 6 <sup>th</sup> – 8 <sup>th</sup>	Mother/Son Weekend
September 27 <sup>th</sup> – 29 <sup>th</sup>	Fall Adventure Canoe Trip
October 4 <sup>th</sup> – 6 <sup>th</sup>	Mother/Daughter Weekend
November 1 <sup>st</sup> – 3 <sup>rd</sup>	Women’s Wellness Weekend
November 15 <sup>th</sup> – 17 <sup>th</sup>	Men’s Weekend Retreat

\*This Family Camp Program takes place at Sequoia Lake.

# WHAT TO EXPECT AT FAMILY CAMP

## SAMPLE ACTIVITIES MAY INCLUDE:

Archery	Fire Building	Cooking
Arts and Crafts	Gaga Ball	Paintball
Basketball	Gardening	Ping Pong
Basket Weaving	High Ropes*	Shelter Building
Campfires	Hikes	STEAM Projects
Capture the Flag	Lawn Games	Street Hockey
Ceramics	Leatherworking	Swimming
Climbing Wall	Low Ropes	Tie-Dyeing
	Outdoor	Wood Burning

\*Age requirement 11 years and older



**"I feel so fortunate to get to come and spend the weekend with the YMCA staff and my daughter every year. It's impressive that camp has kept her interest after 10 years and she can't wait till next year! It has such a positive impact on her and it has strengthened my relationship with her over the years."**

— Father of 1



## FAMILY CAMP SAMPLE DAY

7:00–8:00	Sunrise Swim or Hike
8:00–9:00	Breakfast
9:00	Morning Inspiration
9:15–12:30	Open Activities
12:30–1:30	Lunch and Camp Store Open
1:30–2:00	Family Time
2:00–5:00	Open Activities and Swim with Slide
5:00–6:00	Open Activities
6:00–7:00	Dinner
7:00–8:00	Group Game and S'Mores
8:00–9:00	Family Campfire
9:00–10:00	Evening Activities and Night Hike

## LODGING AND MEALS

Our **Cabins** provide a perfect space for you and your family to rest and relax. Each cabin sleeps between 14 and 20 people and is equipped with electricity, hot showers, sinks and toilets.

Our **Tent Cabins** are for the rugged camper! Each tent sleeps 8 people and has access to a shared, centrally located bathroom with hot showers, sinks and toilets. Tent Cabins do not have electricity. Available for Memorial Day and Labor Day Family Camp programs.

**Meals** are served buffet style in our beautiful Swenson Family Lodge. Let us take care of the cooking and dishes while you enjoy a home cooked meal as a family.

# PARENT/CHILD WEEKENDS

## PARENT/CHILD WEEKENDS

Looking for a weekend to create special memories with your son or daughter? Look no further than our Parent/Child Weekends—where the focus is to strengthen and grow together.

At camp, we strive to remove distractions and allow you to focus solely on one another, get to know each other outside of homework, after school activities, technology, and day to day business.

Show your child the outdoors, engage them in the natural world, explore together, play together, and enjoy the simple things in life.



A weekend at camp allows you to be a kid again with your child! Show them how you have fun, get silly and excited about new activities and adventures. Let us take care of you while you focus on each other.

Enjoy a quiet weekend where your only focus is getting back to what is important- your relationship with your child.

**You and your child can do all of these things through a Parent/Child Weekend at YMCA Camp Campbell. With Mother/Daughter, Mother/Son, and Father/Child weekends spread throughout the year, we have the perfect weekend for your family!**



**“I have been coming to Mother/Daughter Weekends with my daughter since she was 4. Now she is 17 and going off to college. Camp has always been our place and I am grateful for the wonderful memories we have here together. It has prepared her for the years to come by giving her social skills, group living skills and I can't wait for her to come back as a counselor!”**

— A Mother of 2

# FAMILY CAMP PROGRAMS

Bring the whole family together and create countless, lasting memories. We offer camps all year round and welcome all families.

**Spring Family Camp** is the perfect way to start the spring season. You and your family can expect to explore the redwood forest at its most flourishing time of year, get creative together in a variety of family based crafts and develop a sense of community with fellow campers in a number of group games.

**Memorial Day Family Camp** is a great way to kick-off the summer! Join us for our annual Color Olympics and build community with fellow families throughout the weekend. Enjoy the outdoors with our beautiful 4 mile ridge hike amongst the redwoods, participate in our Relay Race, empower one another in our High Ropes and Low Ropes courses and see your family members in a new light in this awesome and eventful weekend.



**Labor Day Family Camp** is a fantastic way to hold onto those last moments of down time before the new school year and enjoy time together as a family. Start off the weekend right with our Labor Day Luau and relax into a weekend of quality time spent together. Develop interpersonal skills and empower one another in our team building activities and High Ropes course, explore your creative side in our arts and crafts programs and connect with nature in our half-day hikes.



# SEQUOIA LAKE FAMILY CAMP

## SEQUOIA LAKE FAMILY CAMP

**Sequoia Lake Family Camp** is a unique, week-long family camp located at Sequoia Lake near Kings Canyon and Sequoia National Parks. Join us for a relaxing week on the lake. Enjoy specialty crafts such as Mosaic Stepping Stones, compete in our Annual Lake Tri-athlon and come together around the campfire for skits and songs.



## LODGING AND MEALS AT SEQUOIA LAKE

Our **cabins** provide a perfect space for you and your family to rest and relax. Cabins are equipped with bunk beds, mattresses and electricity. Each cabin shares a central bathhouse. Families can also choose to bring their own **tents** and camp overlooking the lake for the week.

Meals are served in our dining lodge and allow you and your family to eat together while we take care of the cooking and cleaning for you!



## SAMPLE ACTIVITIES AT SEQUOIA LAKE MAY INCLUDE:

- Archery
- Arts and Crafts
- Campfire
- Canoeing
- Disc Golf
- Fishing
- Hiking
- High Ropes\*
- Kayaking
- Leatherworking
- Line Dancing
- Pinewood Derby
- Rowing
- Silk Painting
- Standup Paddle Boarding
- Tie Dye
- Water Carnival Games
- Waterfront Swimming
- Wood Burning

\*Age requirement 11 years and older



# WOMENS WELLNESS WEEKEND

## WOMEN'S WELLNESS WEEKEND

Camp isn't just for the kids! Join the new movement in adult camping and take time to connect with your peers in the beauty of the redwoods.

**Women's Wellness Weekends** are a fantastic opportunity to focus on you and join a community of supportive, passionate women. Build the weekend experience you need from any number of activities focused on spirit, mind, and body. Whether your goals are to develop a love of fitness, learn ways to find balance in your life or discover a new hobby, Women's Wellness Weekend has something for you.

\* Must be 18 or older to participate.



## ACTIVITIES AT WOMEN'S WELLNESS MAY INCLUDE THE FOLLOWING:

### Camp Activities

Arts and Crafts	Hiking	Cob Oven
Archery	High Ropes	Cooking
Climbing Wall	Campfires	

### Fitness Classes

Pilates	Zumba®	Strength Building
Yoga	Stretch	Chair Yoga
Aqua Fitness	Dance	CXWORX®

### Healthy Lifestyles

- Introduction to Sushi Making
- Career & Life Visioning Workshops
- Healthy Eating Workshops
- Stress & Time Management Workshop
- Meditation Massages (additional fee)



# MEN'S WEEKEND RETREAT

## MEN'S WEEKEND RETREAT

NOVEMBER 15–17, 2019

"Rediscover your purpose, passion, and priorities."

### Join us for the first annual Men's Weekend Retreat.

Build new relationships, enjoy time in the outdoors, and explore some new adventures through a variety of different activities. This weekend is designed to help bring men of all ages to enjoy time in the beautiful Santa Cruz Mountains to discover new passions, purpose, and priorities. With so many opportunities we hope you can join us to find your adventure.

Must be 18 or older to participate.



### WHAT TO EXPECT:

- Workshop Sessions discussing: Work/Life Balance, Finding Your Passion, and Building A Network
- Competition: Basketball, Disc Golf, Cornhole, and Poker Tournaments
- Networking opportunities and fitness classes
- Camp fun: Archery, Climbing Wall, High Ropes, Guided Hikes, Campfire, and more
- Delicious food and cooking workshops



# ADVENTURE CAMPS

## MAY – JUNE

### MEMORIAL DAY ADVENTURE FAMILY CAMP MAY 24–27, 2019

Families with children 12 and older are invited to spend the holiday weekend backpacking the Skyline-To-The-Sea Trail guided by our certified staff. Participants will arrive at camp on Friday to check gear, meet the hiking group, and have a warm-up hike. Spend the next three days hiking through Big Basin State Park seeing the beautiful Berry Creek Falls and stunning old growth Redwood forest before finishing at Waddell State Beach. Food and all cooking equipment are supplied. Transportation from YMCA Camp Campbell to the trail and back is provided.

#### PARTICIPANTS SHOULD BE PREPARED TO:

- Hike as many as 12 miles at a moderate pace in a day
- Carry the gear necessary for a three night backpacking trip
- Spend nights under the stars or in a shared tent



### BIG SUR FAMILY ADVENTURE WEEKEND JUNE 7–9, 2019

Families with children aged 11 and older are invited to spend an adventure filled weekend exploring the Central Coast's beautiful Big Sur. Participants will spend Friday at Camp Campbell with an evening full of classic camp activities before spending the night in one of our platform tents. Bright and early on Saturday we will drive to Big Sur for a beautiful day hike along the rugged coast with our certified staff. We will spend the night at one of the area's many certified campsites and then spend Sunday morning exploring some of Big Sur's most beautiful attractions. Food and all cooking equipment are supplied. Transportation from YMCA Camp Campbell to Big Sur and back is provided.



# ADVENTURE CAMPS

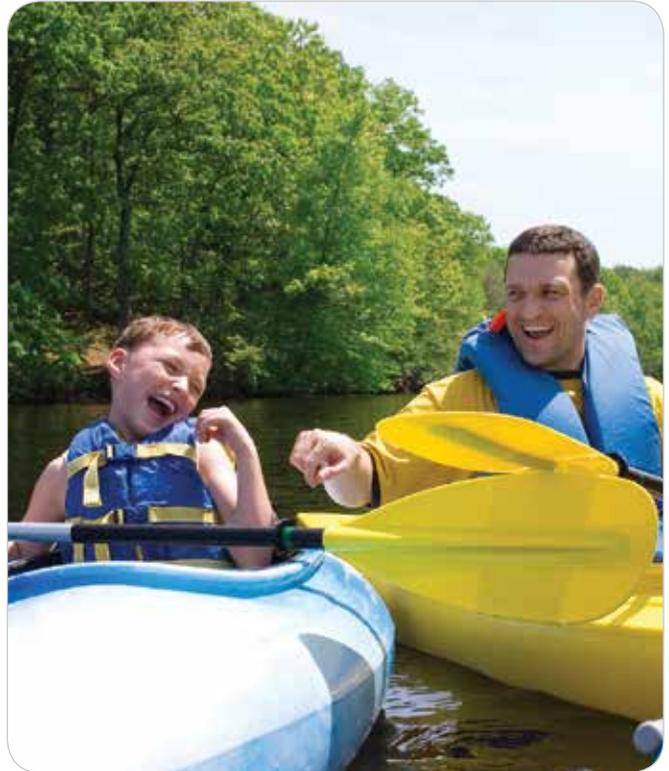
## JUNE – SEPTEMBER

### SUMMER FAMILY KAYAK TRIP JUNE 21–23, 2019

Start your summer off right with this fun filled family kayak trip. Families with children 8 and older are invited to spend the first night of summer camping on the beautiful Santa Cruz County coastline. Participants will meet at Camp Campbell on Friday before being transported to Sunset State Beach for two nights of camping and relaxing by the campfire. On Saturday we will explore Elkhorn Slough by kayak. Participants will experience the diverse wildlife of the Elkhorn Slough, named one of the top ten wildlife viewing destinations in the country. You are guaranteed to see harbor seals, sea lions, and southern sea otters! This is an excellent paddle for beginners in stable double kayaks.

#### KAYAK TRIP PARTICIPANT INFORMATION

- Transportation will leave from YMCA Camp Campbell Friday evening to camping location
- Participants must be able to swim
- Children must be at least 8 years of age to participate
- Personal flotation devices must be worn
- All meals will be provided



### FALL ADVENTURE CANOE TRIP SEPTEMBER 27–29, 2019

Spend the weekend north of San Francisco camping under the majestic Redwoods and canoeing the tranquil Russian River while creating life long memories as a family. Hot showers, clean restrooms, and drinking water will be provided at the camp sites. Saturday morning, we facilitate a pre-canoe orientation, then start the trip on the Russian River for a 10-mile adventure (4–5 hours of paddling) with a professional river guide. During the canoe trip, enjoy swimming, relaxing, and lunch on the many beaches along this magnificent stretch of the river.



#### CANOE TRIP PARTICIPANT INFORMATION

- Transportation for this trip will not be provided. We ask participants to meet at the campsite in Forestville on Friday afternoon.
- Participants must be able to swim
- Children must be at least 8 years of age to participate
- Personal flotation devices must be worn
- Canoes have two seats. One front seat and one back seat
- All meals will be provided





# 2019 FAMILY CAMPS

## YMCA Camp Campbell Registration Form

**One form per family. Complete both sides of form. Print carefully and mail to: YMCA Camp Campbell, 16275 Highway 9, Boulder Creek CA 95006 or fax to: 831 338 9486. Online registration available at [ymcacampcampbell.org](http://ymcacampcampbell.org)**

Adult 1 Name	Adult 2 Name	
Child's Name	Gender	Age
Child's Name	Gender	Age
Child's Name	Gender	Age
Address		
City	State	Zip
Phone (include area code)	Email	

**Cabinmate Request (please specify):** Families may make one mutual cabinmate request. We will do our best to fulfill requests, but they are not guaranteed. For larger groups, families may make one mutual cabinmate request with priority, and may list others as options. We will accommodate all requests as space allows, but no request is guaranteed.

**How did you hear about YMCA Camp Campbell?**

Flyer   Camp Fair   Internet Search   Friend/Family   Other:

**Dietary Restrictions**

We are able to accommodate some dietary restrictions, such as vegetarian, gluten-free or dairy-free, with prior notification. Please indicate any dietary restrictions you may have in your group and we will try our best to accommodate you.

Vegetarians: \_\_\_\_\_ Gluten Free: \_\_\_\_\_ Dairy Free: \_\_\_\_\_ Other: \_\_\_\_\_

**Cancellations:** Fees are non-transferable. We will refund program fees for cancellations made 30 days prior to the start of the session (less a cancellation fee of 25%) or in the event of illness or injury verified by a physician's statement.

**Financial Assistance:** Thanks to the generous donations of many individuals, we are able to offer financial assistance to families with need. Call the camp office for details.

**Email Communication:** Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do **NOT** communicate with me by:  email  phone

Parent Signature  \_\_\_\_\_ Date \_\_\_\_\_

**Photo/Video Release:** I hereby consent to and authorize the use and reproduction of any and all photographs and video which have been taken of my child for the promotional purposes of the YMCA, or anyone authorized by the YMCA. I understand I receive no reimbursement for allowing my child's photo or video to be taken and the use of the photo or video.



YMCA Camp Campbell encourages an electronics-free camping experience. We ask that you leave tablets, laptops and music players at home and use your phone only as needed. Family Camp is about disconnecting from outside distractions, having conversations with new friends, building stronger relationships as a family, and enjoying the beautiful redwood forest.

**Please select camp(s) and complete the form on the reverse side.**

## PARENT/CHILD WEEKENDS

### Mother/Son Weekend

- 3/8 – 3/10
- 9/6 – 9/8

### Mother/Daughter Weekend

- 5/3 – 5/5
- 5/10 – 5/12
- 10/4 – 10/6

### Father/Child Weekend

- 3/22 – 3/24

### Cabins

- Adult \$190
- Child \$140



## ADVENTURE CAMPS

### Memorial Day Family Backpacking Adventure

- 5/24 – 5/27

- Adult \$240

### Big Sur Family Adventure Weekend

- 6/7 – 6/9

### Summer Family Kayak Trip

- 6/21 – 6/23

### Fall Adventure Canoe Trip

- 9/27 – 9/29

- Adult \$240

- Child \$205

## FAMILY CAMPS

### Spring Family Camp

- 4/5 – 4/7

### Labor Day Family Camp

- 8/31 – 9/2

### Cabins

- Adult \$245
- Child \$190

### Tents (Labor Day Only)

- Adult \$130
- Child \$100

### Memorial Day Family Camp

- 5/24 – 5/27

### Cabins

- Adult \$330
- Child \$260

### Tents

- Adult \$195
- Child \$155

### Sequoia Lake Family Camp\*\*

- 8/4 – 8/10

### Cabins

- Adult \$824
- Child \$643

### Tents

- Adult \$708
- Child \$556

For registration purposes, an adult is any participant 12 and older. Participants 3 and younger are free. \*Registration available for 18 years and older only.

\*\*\$150 non-refundable/non-transferable deposit due at registration. Final payment will be automatically taken from your account on June 2, 2019.

## ADULT WEEKENDS\*

### Women's Wellness Weekend

- 4/12 – 4/14
- 11/1 – 11/3

### Men's Weekend Retreat

- 11/15 – 11/17

- Adult \$280



## WHAT I OWE

**Total I Owe** (add all applicable) \$ .....

## METHOD OF PAYMENT

**Check Enclosed – Amount \$** .....  
(make payable to YMCA)

**Charge My Credit Card** Type:  Visa  MC  AMEX  DISCOVER

Card Number .....

Expiration Date ..... Amount to Charge .....

Name on Card .....

Signature **X** ..... Date .....